

Things To Remember

We all have gifts and we all have gifts to give away

**The Berry Resonator -Its interferes with the earth
Geo-Magnetic Field**

You are blessed to be self possessed

You have to love being a Storyteller

Artistic Expression

Failure teaches Success does not

Your stamp is going to be your interpretation

What you want to do is change an audience

**You don't betray yourself there's no ego there's no
false confidence**

We create our own demons

Performing to entertain ourselves

No thinking of the audience

**Maintaining your own integrity and your own view
of the world and try to be truthful about it**

**His confidence results from an intellectual analysis
of himself in relation to all the factors
of his life**

Self confident and at ease in life

**I want to be brave .I want to be selfless,intelligent,
honest and kind**

**Everybody is going to die of something so its important
to move yourself and the people you care about forward**

Androids lack personal warmth

It's as rare as hens teeth

**The most interesting friendships
are the ones that are divergent**

**My parents drinking diminishes what some people
might have thought of him**

Give the audience a good positive experience

**I need intellectual excitement and intellectual
stimulation**

**He was a chapter ahead of what everyone else
was doing**

**Risk is accessed in two ways .It's probability
vs coincidences and its capability vs intent**

Soft Power

I've lived a long storied life

**I stumbled into another dimension
a kind of parallel dimension**

**At times its hard for me to appreciate your qualities .
Its because you have so many layers**

Do you have any skin in the game?

I'm not here to sprinkle star dust

Shatter 8lbs makes 1lb

Notice Experience Respond

Absorb it swish it around shot back at you

Playing off of the other improvisationist

Out on Left field

Bromidrophobia -Fear of others body odors

**Living hand to mouth has not stopped me from
becoming the person I wanted to become**

Don't Ho Hum your way through life

**Men fall in love after three dates
Women fall in love after fourteen**

**The arc of the world
The world is starting to rot**

Shaking the dew off the lilly

I'm uncontrollably drawn to it

The sun shines up a dogs ass once in a while

Creativity Composition Contrast

**The word nigger is not a person its a
personality**

Always going into the deep water of it.

Going against the grain

**Life is like a stew .For the first 18 years of your life its like
sitting on a stove and all your life experiences are put into
it and its bubbling and if its cooks at the right temperature
what you end up with after those years is what makes you
who you are**

**I was born on the edge and I intend to live on the edge
Its a coming of consciousness. Its a transition
from one stage to the next**

Dolphin smooth

The grumpier you are,the more assholes you meet

When are you gonna get that thing checked

I became what I thought I should be

**They are kind of like an awful theater group
that shows up for an encore of a show they
didn't bother to put on**

I don't follow I pay attention

If your hands aren't dirty its not because you're pure. Its because you aren't helping

**The line between ambition and obsession is much thinner than one would imagine.
You would be well served to look down and see exactly where you are standing**

It sounds as though you are hurrying somewhere in such a way that the journey will yield very little pleasure

**Its not about narrowing your focus Its about brocading your experience
Where I came from is not where I want to be**

People's safety net job

Functional Art

Dabblers barely scratch the surface

I got handed a plate in life it wasn't the most appealing plate but hopefully I replaced items on the plate to help enhance my personal development and discovery

**Sometimes your beautiful when your young and wise when you're old
I have a wide range of interests and mediums I work in**

Age is relative and individual

His job is to illicit information from a broad spectrum of people

We all suffer from the corruption of the flesh

Lady Gaga is using Tony Bennett to seem relevant

Life is a garden. Dig it.

**Get lifted out of the mundane for a moment
Every story has a beginning**

The more genuine recognition you give something the more it feels like it is connected to its environment

You are now at a crossing and you want to chose but there is no choosing .There is only accepting .The choosing was done a long time ago.

Reflective men often find themselves at a place removed from realities of life

Giving children Detachment disorder

The world in which you seek to undo the mistakes you make is different from the world where the mistakes were made

What's required? Courage Desire Motivation

**Perseus and the Grey Sisters -The Gorgons
Permphredo Deino Enyo One eye one tooth**

Have a back story with good moral characters in all roles

L.T.O. Life Time Outcome -What you turn out to be

It's fun drawing on the cave wall but we can't all do it. Not everyone can be the person drawing on the cave,some people have to go out and hunt and actually gather the wood.

**One Trillion in Student Loans
We are lending money that we don't have to kids that will never be able to pay it back to educate them for jobs that no longer exist.**

Save the world from mediocrity fundraiser

Handsome was never the hard part

The other side of life

If I throw a dog a bone I don't have to know if its good or not

It became both grief and a gift

Socially Awkward

Peoples attention and interest values are low.

Just skimming the surface

The fact that you recognize it that means you still have the ability to correct it and move forward

If you're trying to rescue people from hell,you have to go to hell

If you define success as victory in every case you're going to feel defeated.

The suspension of critical thinking

What do you do to make your life interesting?

Mans Mental Motherboard

The uncanny ability to recognize the obvious

Your suitability standards

What's your risk appetite

He's kind of a confidence man preying on peoples vanity,ignorance or loneliness gaining their trust and then portraying them without remorse

Done without contest or complaint

T.S Eliot said "Only those will risk going to far can find out how far one can go"

If you want to look for a needle,you need a haystack

**Exaggerating their place in history.
Fall on your ass or rise to the glory**

2/3 of North Korea trade goes through china

A social welfare group

False memories from simpler times probably from television

Truly Unique and original

Its like looking for a rock in a carpet

Narrow Cast not Broadcast

Improv playhouse

Tourist- Dabbler- Spectator- Participant

Tourist rarely go more than six feet inside of a studio. Just visit and may never be back again.

Dabblers usually lack enough of a level of sincere commitment or interest to what's required by even have a basic understanding to benefit or continue to another level to what may be available and helpful. Lack of basic or fundamental understanding of general guidelines and approaches. Little or no significant Experiential Overlap or common ground. Most have little real life experience except what they might have read or heard. Never volunteer in any community projects. Most are consider a bit uptight.

Spectators are interested enough to take more than a general interest. A regular or occasional visitor. Participant is someone who is comfortable in and of the environment.

**Performance Art Project: Captain Weirdo's Space
Adventure - Return To the 13th Zone &
Escape From The 13th Zone**

One of my dreams and goals in life is developing a performance company based on improvisation *and* my writings, life experiences and including my art and musical experiences. See Brain Oil Press and Cheapness Records.

I have over ten years of committed and continued practice and involvement in many areas of Theater studies at Southwick Studios with Andrea Southwick. my Improvisational studies were with several teachers but my main association is with Ruth Zaporah and Action Theater and included several years and many workshops and a continued interest.

Mondo Mania

That's beyond my Scope and Appreciation

**Possible Workshop Improv Plus
Exploring How the Miesner Repetition technique
can inform and influence Improvisation.
Improv Grease**

**The 13th Zone is populated with people who have the same
obsessions and need the same Life Lessons**

A Cast from different time periods

**Knowledge as digested and edited information
Wisdom as taking the nectar of life and making it meaningful**

a reminder item - Hat Body Hair

**taking into account the period in which I was raised and the
experiences that shaped my identity**

From acquisition to exhibition

I'm a sculpturing with images and sound

I took my fate in my own hands and did something with it.

I developed a callus on my soul

**Important volunteer and life experience
background**

**The Rialto 1983-1987
Cleaning bathrooms
Guidjief Foundation 1987-1991
Various work activities
ISHK Book Service 1993-1999
Merrimack Valley Food Bank
2001-2005**

**It's about committing to a ludicrous
premise**

Timecycle Films

Sorry butt that violates my code of conduct

A culture of dependency

The fear of abandonment

**All artists are childish. As children
can we retain the kind of optimism that
produces art**

Don't put your eggs in a basket with holes in it

**Its like herding cats
Is it because we were just ignoring things that existed
or are we just a harder stock**

**5% of our entire federal budget is spent on people in
their last year of life. A third of that just in the last month**

self observation self study self actualization

Creative Charm Products

More diverse artistry

**A bloated tick on Americas hide needs to be burnt
off with the cigarettes of fairness**

**The real power of the nerd set is to understand
something more than any other creature on Earth
to a maniacal level and use that information against
people**

**There is a certain level or margin of empathy
that is being lost. When you look how people interface
with the internet. Your not connecting with another
human being the way we were evolved to look into each
others eyes. Its depersonalizing just the way we interface
with other people on the internet. A lot of social media is
essentially a snapshot of whatever an emotion was in a
moment. There is a depersonalization that accrues . A
certain amount of humanity that is lost in the way we are
communicating with people as much as the internet has t
urned the world into a local community. As connected as**

we are Its also very isolating the way we interface with the internet. Some people use the internet as a vessel of anger. I like to see understanding first. Let's talk about this in a Human level. A lot of it is just relieving tension for people

You can't read emotion

The US has 5% of the worlds population and 25% are in jail

I came from a place where my options were limited

Oddness results in Cultural Content.

Creatively Rich but Cash Poor

An inability to engage with reality in the creative or artistic front

I'm not typical

As a director I have to identify with my main characters, to be truthful in my productions otherwise how can you actually approach the truth of the characters.

The Enthusiast

Enjoyment in Life - Performance of Duty

We heard the music of history

Save it for later and use it then

Everyone is broken by life but afterwards many are strong in the broken places

Under interested - share your soul

**1. Food is the necessity of life
2. Fun
3. Friends
Life doesn't mean anything without friends**

I over think things sometimes

When you play music I can feel your soul coming out.

Someone's background doesn't matter. Its a matter of integrity,character and loyalty

**There are no accidental billionaires
Create an environment in which an actor can execute their vision to the best of their ability**

Jazz is about being in the moment. its about trusting yourself to respond on the fly. If you allow yourself to do that,you'll never stop exploring.You'll never stop learning in music or life.

Lenny hall has found his own unique style and voice in all areas of the arts from music,art and video to his many writings and improv/theater experience.His creativity is endless

There are three people you don't want to screw over in life.Your heart surgeon,your hair stylist and you improv teacher

Painfully Awkward

Hate is the first cousin of fear

they don't teach irony in college any more

Please don't make suggestions on how I should operate and conduct my life.I'm the one that's has to live with it.

If free speech is only what you like its not free speech

Make life interesting

A wound needs to be cleaned out before it can heal.

It's like a Proctologist coming home every night and saying "I can't believe I have to look at assholes all day".

If you randomly stumble upon an amazing talent and someone important sees it by wild chance great things can happen without any hard work

When there is this many bad apples.there is something wrong with the orchard

**We are the side show
To a coward courage always looks like stupidity**

Please sit down you are rocking the boat

He's the oxygen of publicity

Hard work and a little luck can bring any man good fortune

Having endurance, fortitude and determination

The more different you are the more you fit in

You have your ups and downs but you learn to regulate yourself

Exploring themes and ideas

Critics are like a eunuch at a gang bang

Have a font of knowledge

**You want a story long enough to cover the subject
but short enough to be interesting**

**A story is like a miniskirt on a girl. Long enough to
cover the subject but short enough to be interesting.
Images can go a long way**

**Eagles don't hunt flies
A moose doesn't attack a lion**

**Create content people want to read
Don't think about conversions
Keep it short and sweet
Edit-tighten and keep things digestible
Create regular features**

**Don't think about conversions
Get people focused to read**

**95 % of prisoners in the US are getting out
The stated intent of our justice system is
rehabilitation and re-entry**

Self Radicalized

60% of German Moslems believe in gay rights

Having a directors eye

**In 1950 most of us died in the home.
Now only 17 %die in the home**

83% of us die in institutions

We need to intergrate poeolple into society better

**In nursing homes and assisted living the focus
is on safety**

**People want more in life than living longer.
They want freedoms and those freedoms are
how we have meaning in life**

**We warehouse old people in nursing homes
Complaints:Food,no smoking,no porn**

97% of medical students have no training in geriatrics

**Earth in the following decades could cease to
be a safe operating space for human beings**

**The 80 richest people in the world
are worth what half the planet is worth**

**three and a half billion people are worth
80 people**

If you have a gift give it to people

Its the new normal grieving and letting it go

Human Transfer Experience

**A wise man can learn more from a foolish question
than a fool can learn from a wise answer
Bruce Lee**

**A rising tide lifts all boats is easy tom say when
your on a yacht**

**After World War Two the government taxed the
rich by up to 90% and redistributed half that wealth to the GI Bill**

\In the 14th century a middle class was created in Europe when the black plague killed 1/3 of the population creating a labor shortage and increased bargaining power for workers.

There are now people motivated by alienation, poverty and thrill seeking.

Its like in the 80's You'd bring a girl home, do some coke, she does too much she starts rambling and you say what did I do!

Germany gets 74 % of its energy from renewables. Maybe they've got something going on. Look them up in the history books They've always got something going on.

What's the minimum standard of being a creative person in a creative environment?

9 out of 10 pharmacy companies spent more on marketing than R+D

You either lose pretty or win ugly

Big Bold Full of Color

A painter gets to choose the context and situation in which their art is consumed

ISIS has 20 thousand fighters

Jordan has 180 thousand

Turkey has 991 thousand

? has 1.4 million

Kurds 250 thousand

Saudi Arabia 250 thousand

Lebanon 280 thousand

Syria 600 thousand

Keeping the Shit at Shoe level

80% chance of draught by 2050

I got sucked into the Berry Vortex

Learn to enjoy eating Jelly Fish..

700,000 get arrested each year

Hong Kong owes one trillion in US debt

**Everybody has got two wolves inside of them
Both of them are starving. One wolf is Anger, Envy, Pride.
The other one is Truth and Kindness. Everyday they tear
each other apart. It's not the better wolf who wins. It's the
one you feed**

**Lowell MA was the first town in America to issue phone
numbers to individual subscribers
due to Measles outbreak in 1879. A local Physician
feared the town's four telephone
operators would fall ill so he recommended
giving users their own numbers**

The worm has turned

**There is a small group of people who are beyond
the reach of reason**

**People marinate in their own juices and make
themselves unnecessarily callused**

**We can't be defined by our past traumas
Move with the Ebb and Tide of Life**

Pigs Eat Hogs get Slaughtered

It's simple Action that is being completed

Liz Taylor never had to show her breasts on screen

**The people who break through are invariably
idiosyncratic in some way or another but the public says
It's because they represent something they haven't seen
before and it's personal and unusual and specific to that
individual and there for universal.**

It's like cutting your kidney out with a butter knife

Antarctica holds 90% of the world's ice and about

70% of the worlds fresh water.

**Time in the 13th Zone is ten times longer than
on the Earth Plane**

Grace is Energy

**We spent 4 trillion on wars in Iraq and Afghanistan.
Thats not including the vets**

Basic Human Decency

**A place where they strip you of your
personality and rebuild it in their image**

**They take young people at the exact moment when
they should be learning to be individuals
and turning them into shit eating, hopeless followers
of group think**

**Less than 10 people a year are killed by sharks. Over
100 million estimated sharks are killed every year by humans**

**The temperature of the earth has in the last century
risen by 1.6 degrees**

We were as different as chalk and cheese

Don't Start None Won't be None

**I have no hopes or dreams of becoming a professional.
I go out of my way to create something unexpected. I
want to be surprised.**

Chance Opportunity and Timing

It looks like a firecrackers wrapped in roast beef

**Sometimes you have to take one for the team
Take the salt out of seawater. Use the water sell the salt.**

**I want to feel safe when I'm going into and traveling
in an aluminum tube**

Maybe we have bigger battles to fight

Faces are tools for social expression

Hope is for the unburdened by fate

The only failure is giving up

**It's hard when you have something you want
to share with the world and nobody gives a shit**

Oddness results in Cultural Content

**Its people dissatisfied with modern society
and have no other way to act against it**

**Say the persons name and repeat the last
three words at the end of their sentences**

40% of the energy in the US is from coal

Where there is music there is no evil

The Wish maker

**Lock up the criminals were afraid of
not the ones we may be mad at**

**Paying for our fear
not for the crime**

**Tell me what color is the sky in the world you
come from**

Escape the mundane

**There are more than 30 million security
cameras in the country**

Amp up my creativity

We don't have any experiential overlap

The beast that lives inside people

Creating my own path in life

The Charm Offensive

**You get your significance and find your joy in life
through service and sacrifice**

A humanistic sensibility to it

A global residence to it

Functional and fun to look at